

# Lexington Recreation and Community Programs

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## WINTER 2016 PROGRAM BROCHURE



**Town of Lexington  
Recreation and Community Programs Department**

39 Marrett Road, Lexington, MA 02421

Office: (781) 698-4800      Fax: (781) 861-2747

Cancellation Line: (781) 698-4810

Email: [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)

Website: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)

**Winter Program Registration Begins on  
DECEMBER 1, 2015**

**SPRING O.W.L.L. CLASS REGISTRATION BEGINS ON JANUARY 13, 2016**



# GENERAL INFORMATION

## Mission Statement

The Lexington Recreation and Community Programs Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible, and well-maintained facilities.

### **Recreation Committee**

Rick DeAngelis, Chair  
Lisah Rhodes, Vice Chair  
Sandra Shaw  
Ruixi Yuan  
Vacant

### **Recreation & Community Programs Full-Time Staff**

Karen Simmons, CTRS, CPRP — Director of Recreation and Community programs  
Peter Coleman, CPRP, CPSI — Assistant Director of Recreation  
Tyler Radicioni — Recreation Supervisor  
Donna Dutton — Administrative Assistant  
Cherie Robinson — Department Clerk  
Sheila Butts — Community Center Director  
Thomas Romano — Youth and Family Program Coordinator  
Melinda Corssino — Community Center Office Manager

## Enterprise Fund

The Recreation and Community Programs Department has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting fees to cover all expenses. The Director of Recreation and Community Programs, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation and Community Programs operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. The General Fund supports a portion of the Community Center operation. Surplus revenue generated through the Recreation Enterprise Fund (Recreation, Pine Meadows Golf Club, and Lexington Community Center) helps fund Capital Improvement Projects and financially supports some services provided to the department by other Town departments, and payment of \$100,000 per year towards the Lincoln Park debt.

## Registration Information

**Online registration is the preferred method and strongly recommended** for all programs except swim tag sales. Go to: [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm). We also accept walk-in registration and mail-in registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. All participants must register, submit payment, and complete the registration form, including the waiver release, to be eligible to participate in a program. Registration is first come, first served and 100% of all program spaces will be available online as of December 1, 2015 at 12:01am. Resident walk-in registration also begins on December 1, 2015 at 8:00am. Non-resident walk-in and mail-in registration will begin two weeks after resident registration starts. There is a \$5.00 (youth) or \$10.00 (adult) additional fee for all non-resident program registrations. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

## Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been canceled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- All refunds will be issued in the form of a check from the Town Treasurer's office. **Refunds to credit cards are not permitted.** Please allow 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be canceled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit\*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation and Community Programs Department stating the reason for withdrawing and the participant's name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation and Community Programs Department, accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit\* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund may be prorated.
- In the event of weather cancellations, the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit\*, towards another Recreation program provided that a waitlist participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid by check or cash when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

\* **Please note:** Some programs have a different minimum deposit or refund/credit policy, which are noted in the brochure.

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## Scenes from the Lexington Community Center Grand Opening, October 17, 2015





## HELPFUL TELEPHONE NUMBERS, EMAIL AND WEBSITES

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<b>Recreation and Community Programs Department</b>	<a href="mailto:recdept@lexingtonma.gov">recdept@lexingtonma.gov</a>	<b>(781) 698-4800</b>
<b>Online Registration</b>	<a href="http://www.lexingtonma.gov/recreationdepartment.cfm">www.lexingtonma.gov/recreationdepartment.cfm</a>	
<b>Recorded Information &amp; Cancellations</b>		<b>(781) 698-4810</b>
<b>Recreation &amp; Community Programs Facebook Page</b>	<a href="http://www.facebook.com">www.facebook.com</a> (search Lexington, MA Recreation Department)	
Battle Green Tennis League	<a href="http://www.battlegreentennis.com">www.battlegreentennis.com</a>	
Lexington—Bedford Youth Hockey	<a href="http://www.lbyh.net">www.lbyh.net</a>	
LBH Pop Warner Football	<a href="http://www.lbhpopwarner.com">www.lbhpopwarner.com</a>	
Lexington Babe Ruth League	<a href="http://www.lexington.baberuthonline.com">www.lexington.baberuthonline.com</a>	
Lexington Blue Sox	<a href="http://www.lexingtonbluesox.com">www.lexingtonbluesox.com</a>	
Lexington Chamber of Commerce	<a href="http://www.lexingtonchamber.org">www.lexingtonchamber.org</a>	<b>(781) 862-2480</b>
Lexington Coed Adult Soccer	<a href="mailto:franco.diaz@att.net">franco.diaz@att.net</a>	
<b>Lexington Community Center</b>		<b>(781) 698-4870</b>
Lexington Community Education	<a href="http://www.lexingtoncommunityed.org">www.lexingtoncommunityed.org</a>	<b>(781) 862-8043</b>
Lexington Little League	<a href="http://www.lexingtonlittleleague.org">www.lexingtonlittleleague.org</a>	
LEX FUN (formerly Lexington Preschool PTA)	<a href="http://www.lexfun.org">www.lexfun.org</a>	
<b>Lexington Human Services Department</b>	<a href="http://www.lexingtonma.gov">www.lexingtonma.gov</a>	<b>(781) 698-4840</b>
Lexington Youth Basketball Association	<a href="http://www.lexhoops.com">www.lexhoops.com</a>	
Lexington Youth Lacrosse	<a href="http://www.lexingtonlax.org">www.lexingtonlax.org</a>	
Lexington United Soccer Club	<a href="http://lexingtonunited.org">http://lexingtonunited.org</a>	
Lexpressas Women Over 40 Soccer	<a href="http://www.lexpressas.org">www.lexpressas.org</a>	
Men's Senior Softball	<a href="mailto:lexsoftball@gmail.com">lexsoftball@gmail.com</a>	
Special Needs Arts Programs, Inc.	<a href="mailto:info@Snapsing.org">info@Snapsing.org</a>	
Visitor's Center		<b>(781) 862-1450</b>

## **FAMILY FUN NIGHTS at the Community Center**

*Co-Sponsored with the Human Services Department*

### **Winter Craft Night—January 22nd**

Come over to the Community Center and choose from 2 different winter themed crafts that you can build here and bring home to be put on display! Payment will be accepted at the night of the event.

**Fee:** \$8/Craft  
**Ages:** All  
**Date:** Friday, January 22nd  
**Time:** 6:30–8:00pm  
**Location:** LCC Dining Room

### **Trivia Competition—February 26th**

Bring your friends and family over with a team of 6 and be ready to be challenged with trivia categories ranging from science to pop culture. Prizes will be awarded to the top finishing teams!

**Fee:** \$8/Team  
**Ages:** All  
**Date:** Friday, February 26th  
**Time:** 6:30–8:30pm  
**Location:** LCC Dining Room

### **Family Movie Night—March 11th**

Come join us for another great Family Movie Night at the Community Center! Bring family, friends, and neighbors. We will be serving popcorn and watching a family friendly movie!

**Fee:** FREE  
**Ages:** All  
**Date:** Friday, March 11th  
**Time:** 7:00–8:45pm  
**Location:** LCC Dining Room

\* Be on the look out for more Family Fun Nights in our next brochure!

## **YOUTH FUN NIGHTS at the Community Center**

### **Tie Dye Night—January 29th**

Come join us at the Community Center for a night of tie dye! Bring a shirt from home or get one here. We will also have long socks available to color smash however you like!

**Fee:** \$6/Shirt  
\$6/Socks  
**Ages:** 10-18  
**Date:** Friday, January 29th  
**Time:** 7:00–8:30pm  
**Location:** LCC Dining Room

### **Teen Movie Night—March 4th**

Come over to the Community Center for a Teen Movie Night! Bring your friends! We will be serving pizza, popcorn, and watching a teen friendly movie!

**Fee:** \$5/Movie and Pizza  
**Ages:** 13-18  
**Date:** Friday, March 4th  
**Time:** 7:00–8:45pm  
**Location:** LCC Dining Room



# DECEMBER & FEBRUARY VACATION WEEK PROGRAMS

## THUNDERCAT DECEMBER VACATION SPORTS JAM

Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes and the sports they will play include basketball, soccer, floor hockey, dodgeball, and more. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Participants should bring a snack, lunch (for full day participants), wear athletic clothing, sneakers, and a water bottle.

**Fee:** \$110 (half day)/ \$155 (full day)  
**Ages:** 7–12  
**Dates:** Monday, December 28th—  
Thursday, December 31st  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Diamond Middle School Gym

## F.A.S.T. ATHLETICS FEBRUARY VACATION SPORTS MANIA **NEW**

Join us for four fun-filled days of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kick ball, but the fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four day vacation program held in a safe and FUN environment. Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day and be sure to register early!

**Fee:** \$115 (half day)/ \$155 (full day)  
**Ages:** 7–12  
**Dates:** Tuesday, February 16th—  
Friday, February 19th  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Estabrook School Gym

## LASER CRAZE—WOBBURN

Come join us for laser tag and pizza at LaserCraze in Woburn! Their two story laser tag arena offers the opportunity to tag your friends in a fast paced and exhilarating team based format. We will be leaving from the Community Center between 12:00–12:15pm, we will be playing laser tag starting at 1:00pm and ending at 2:15pm. We will be back at the Community Center by 3:00pm for pick up by your parents. The fee is \$45. It includes one game of laser tag, transportation, food, and drink. We hope to see you there!

**Fee:** \$45  
**Ages:** 7-11  
**Date:** Wednesday, February 17th  
**Time:** 12:00–3:00pm  
**Location:** Meet in the LCC Lobby

## BRICKS 4 KIDZ—WINTER BRICK WEEK

**NEW**

Bricks 4 Kidz is offering four days of LEGO building that features a different theme every day! Sign-up for 1, 2, 3, or all days of the week. Participants who enroll for all sessions will go home with a custom mini-figure!

**Tuesday—Construction Craze**

**Thursday—Cars, Trucks and Trains**

**Wednesday—Amazing Animals**

**Friday—Sports Spectacular**

## FEBRUARY VACATION CHESS CLINIC

Join U.S. Chess Federation expert Jim Della Selva for a February Vacation Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in daily matches.

**Fee:** \$125  
**Ages:** 6–15  
**Dates:** Tuesday, February 16th—  
Friday, February 19th  
**Time:** 10:00am–12:00pm  
**Location:** LCC Room 217

## KIDSTOCK PRESENTS “CANDYLAND”

**Back by Popular Demand!**

Kidstock's February Vacation Week welcomes all actors and actresses to the stage in our original musical "Candyland" based on the characters of WILLY WONKA. Watch everyone's favorite board game come to life on stage. Bring your sweet tooth because this show is a real "treat"!

Children must bring a snack and lunch each day.



**Fee:** \$240  
**Ages:** 6-10 (Grades 1–5)  
**Dates:** Tuesday, February 16th—  
Friday, February 19th  
**Time:** 9:00am–4:00pm  
**Location:** LCC Rooms 242 & 237

# PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

## ZUMBA KIDS

**Fee:** \$80  
**Ages:** 7-11  
**Dates:** Thursdays, January 14th—March 10th  
 (No class 1/28, 2/18, & 2/25)  
**Time:** 3:30—4:15pm  
**Location:** LCC Room 006

Taking kids to *explore the world through music & dancing!* It helps develop confidence, creativity, coordination, and cultural awareness. A super fun dance fitness party for kids!! Please bring dance sneakers and a water bottle.



**NEW**

## ZUMBA KIDS JR.

**Fee:** \$80  
**Ages:** 4-6  
**Dates:** Thursdays, January 14th—March 10th  
 (No class 1/28, 2/18, & 2/25)  
**Time:** 2:30—3:15pm  
**Location:** LCC Room 006

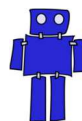
Taking kids to *explore the world through music & dancing!* It helps develop confidence, creativity, coordination, and cultural awareness. A super fun dance fitness party for kids! Please bring dance sneakers and a water bottle.

**NEW**

## WICKED COOL FOR KIDS—LEGO ROBOTICS

**Fee:** \$125  
**Ages:** 7-9  
**Dates:** Mondays, January 25th—March 7th (No class 2/15)  
**Time:** 4:00—5:00pm  
**Location:** LCC Room 237

LEGO Robotics introduces kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.



## WICKED COOL FOR KIDS—FROZEN SCIENCE

**Fee:** \$125  
**Ages:** 6-8  
**Dates:** Tuesdays, January 26th—March 8th (No class 2/16)  
**Time:** 4:00—5:00pm  
**Location:** LCC Room 230/232

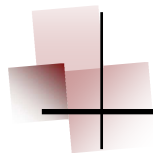
Love all things Frozen? Go on a Frozen Science expedition! We'll make "frozen" slime, create six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Finally, warm up by making your own homemade hand warmers!

## WICKED COOL FOR KIDS—LEGO ENGINEERING JUNIOR

**Fee:** \$125  
**Ages:** 5-6  
**Dates:** Thursdays, January 28th—March 10th  
 (No class 2/18)  
**Time:** 4:00—5:00pm  
**Location:** LCC Room 232

Lego Engineering Junior is a 6-week program designed especially for kids in grades K-1. The activities promote teamwork and critical thinking skills as kids investigate basic engineering concepts using DUPLOs. Build a seesaw, vehicle, and spinning top and other fun working mechanisms. Perfect for the young builder with tiny hands!

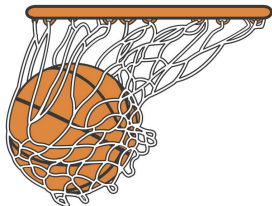
**Don't let LOW ENROLLMENT ruin your program! Most program cancellations are due to not enough sign-ups for an instructor to run a class. You should register AT LEAST ONE WEEK before your program is scheduled to begin. Don't procrastinate, SIGN UP NOW!**



## PRE-SCHOOL, YOUTH, & AND TEEN PROGRAMS

### THUNDERCAT BASKETBALL CLINIC

**NEW**



Participants will learn fundamental basketball skills from coaches through unique drills, games, teaching techniques, trivia, and more. Emphasis will be on learning, participation, and FUN in an appropriately competitive atmosphere. The clinic culminates with tournament day! Clinic is coed, please bring basketball clothing, sneakers, and a water bottle.

**Fee:** \$80  
**Ages:** Grades K–5  
**Dates:** Tuesdays, January 5th–February 2nd  
**Times:** 3:30–4:30pm (Grades K–2)  
4:30–5:30pm (Grades 3–5)  
**Location:** Estabrook School Gym

### THUNDERCAT DODGEBALL CLINIC

**NEW**

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Jail Break, and more. Other sports and games will be mixed in to create a fun and exciting program! The clinic is coed. Please bring sneakers, appropriate clothing, and a water bottle.

**Fee:** \$80  
**Ages:** Grades K–5  
**Dates:** Thursdays, February 4th–March 10th (No class 2/18)  
**Times:** 12:30–1:30pm (Grades K–2)  
1:30–2:30pm (Grades 3–5)  
**Location:** Estabrook School Gym

### F.A.S.T. ATHLETICS SUPER SPORTS CLINIC

**NEW**

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program! F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodgeball, Baseball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport. Each class will end with a high-energy game with the sport played that day.



**Fee:** \$80/session  
**Ages:** Grades K-2  
**Session 1:** Mondays, January 25th–February 29th (No class 2/15)  
**Session 2:** Mondays, March 14th–April 11th  
**Time:** 3:30–4:30pm  
**Location:** Estabrook School Gym

### F.A.S.T. ATHLETICS DODGEBALL & FLOOR HOCKEY CLINIC **NEW**



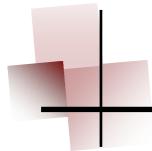
This program is a 2-sport class with floor hockey and dodgeball. Half of the classes will be spent playing hockey and the other classes will be spent playing dodgeball. The hockey portion will include a few dribbling and passing drills and will end with a floor hockey scrimmage. During the dodgeball portion, students will learn and play a variety of

dodgeball games. Both sports will emphasize teamwork, game strategy, and most importantly, fair play and sportsmanship.



**Fee:** \$80/session  
**Ages:** Grades 3-5  
**Session 1:** Wednesdays, January 27th–March 2nd (No class 2/17)  
**Session 2:** Wednesdays, March 16th–April 13th  
**Time:** 3:30–4:30pm  
**Location:** Estabrook School Gym





## YOUTH BASKETBALL INFORMATION



### Girls Youth Basketball Clinic

Early Registration Fee: \$95

**Saturdays, January 9 — March 19, 2016** (no program on 2/13)

Registration Fee after December 4: \$105

This program is for girls in 1st-4th grade and will be a fun introduction to the game of basketball including proper instruction on shooting, dribbling, passing, and ball handling techniques. The basics of the game will be taught including general principles of defense and offense by a variety of engaging and child-centered games, drills, and instruction. The focus will be on learning the game of basketball in a joyful, empowering, and friendly environment.

This program is being offered in partnership with Kathryn Robb and Liz O'Neil, the co-founders of Play to Play, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will be trained in the Play to Play's coaching workshop: "Coaching the Female Athlete."

1st & 2nd Grade: 9:00-10:15am at Fiske School gym

3rd & 4th Grade: 10:30-11:45am at Fiske School gym

### Boys Youth Basketball Clinic

Early Registration Fee: \$95

**Saturdays, January 9 — March 19, 2016** (no program on 2/13)

Registration Fee after December 4: \$105



The 2nd-4th Grade Boys Youth Basketball Clinic is designed as an instructional program in which the basic skills of basketball will be introduced and reinforced through drills and scrimmage games. This program will be on Saturday mornings. All children must register in advance. Spots are limited in this program and it is limited to Lexington residents ONLY.

2nd Grade: 9:00-10:30am @ Diamond

3rd Grade: 10:45am-12:15pm @ Diamond

4th Grade: 10:45am-12:15pm @ Clarke

*The success of the Youth Basketball Clinic depends greatly upon volunteer coaches. If we do not get enough volunteers, the number of participants accepted will be seriously impacted. Volunteers interested in coaching in the Youth Basketball Clinic are asked to contact the Recreation and Community Programs Department at (781) 698-4800.*

### SMART START BASKETBALL

This program will teach children (and parents) a variety of basketball skills including dribbling, ball handling, shooting, passing, catching, and running in a fun, non-threatening environment and allow participants to work one-on-one with a parent. A parent must attend and space is limited, so register early!

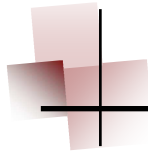


**Fee:** \$60  
**Ages:** 5—7 with a parent  
**Dates:** Saturdays, January 9th—February 13th  
**Time:** 10:00—11:00am  
**Location:** Estabrook School Gym

### ADAPTIVE BASKETBALL PROGRAM

This program is designed to offer children with a cognitive or physical disability the opportunity to learn and play basketball in a cooperative, non-threatening, fun environment. The program takes into consideration the individual needs and abilities of every participant, and modifications are made to the game and training to allow full participation and enjoyment for each child. Volunteers are welcome and parents are encouraged to participate.

**Fee:** \$65  
**Ages:** 6—16  
**Dates:** Saturdays, January 9th—February 13th  
**Time:** 9:00—9:45am  
**Location:** Estabrook School Gym



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### BRICKS 4 KIDZ—A PIRATE'S QUEST

Shiver me timbers as we explore the popular culture behind the life of a pirate. Build a LEGO motorized pirate ship, a helm, and an anchor, as we batten down the hatches and prepare for a mutiny! Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Anchors away!



**Fee:** \$125  
**Ages:** 6 – 10  
**Dates:** Tuesdays, January 12th—  
February 23rd (No class 2/16)  
**Time:** 4:30—5:30pm  
**Location:** LCC Room 217

### BRICKS 4 KIDZ—MINING & CRAFTING!

Minecraft is a game about placing blocks to build anything you can imagine. At night, monsters come out, so make sure to build a shelter before that happens. Experience the world of Minecraft with LEGO bricks in this fun workshop! Kids will start by crafting their shelters and some of the mobs, critters and tools using LEGO bricks.

**Fee:** \$65  
**Ages:** 5—10  
**Date:** Saturday, February 13th  
**Time:** 9:00am—12:00pm  
**Location:** LCC Room 217

### MOMMY AND ME ART PROGRAM



The Lexington Recreation and Community Programs Department is collaborating with Pinot's Palette to offer a Mommy and Me Art Program at the new Community Center. Open to age 3 to 6 years old, we will have a fun filled 45 minutes of art and creativity. A caregiver or parent will help their child to create art that is designed to take home.

**NEW**

**Fee:** \$15/session  
**Ages:** 3—6 with parent or caregiver  
**Session 1:** Wednesday, January 20th  
**Time:** 10:30—11:15am  
**Session 2:** Wednesday, February 10th  
**Time:** 2:30—3:15pm  
**Location:** LCC Room 230/232

### BREAKING WITH BRANDON

Join Brandon Pena in this intro to breakdancing class. With his four years of experience, he will teach your child how to safely learn the fundamentals of breakdancing while also building the strength and stamina needed to be a great break-dancer.

**NEW**

**Fee:** \$125  
**Ages:** 12-15  
**Dates:** Saturdays, January 16th, 23rd, 30th, Feb 27th and Fridays, February 5th & 12th  
**Time:** Saturdays 12:15-1:15pm  
Fridays 7:30-8:30pm  
**Location:** LCC Room 006

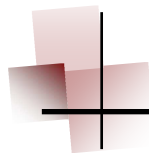
### TRAIN LIKE A BOXER!

The Lexington Community Center is thrilled to present Introduction to Boxing - led by USA Boxing Certified trainer/coach Todd Paris. This program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, punching in bunches on shields and mitts, jumping rope, push-ups, ab work, and teaching you how to work well with a partner and team! Fee includes free hand wraps!



\* For an added \$25, you can get your very own set of boxing gloves. Must order 2 weeks before the start of the class.

**Fee:** \$175  
**Ages:** 13-15  
**Dates:** Mondays and Wednesdays, January 25th—March 9th (No class 2/15 & 2/17)  
**Time:** 4:15—5:15pm  
**Location:** LCC Room 006



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### MUSIC LESSONS

Have you ever dreamed about taking voice lessons or learning to play an instrument? Now is your chance to get started! The Real School of Music is now offering introductory voice and instrument lessons to local residents at a discounted price. In addition, your first lesson is absolutely FREE, allowing you to test drive the school and your new instructor. Instruments include: Voice, Piano, Guitar, and Drums, as well as all Woodwinds, Strings, and Brass instruments. We even teach instruments like Ukulele, Banjo, and Mandolin. Once you register, an instructor will be in touch to schedule dates and times.

**Fee:** \$120  
**Ages:** 5+  
**Dates:** TBD  
**Times:** Monday–Friday, 12:00–8:30pm;  
Saturdays, 9:00am–5:00pm  
**Location:** Real School of Music,  
Middlesex Turnpike, Burlington

### PUDDLESTOMPERS NATURE EXPLORATION

**NEW**



Winter is a magical time to explore nature! This class is designed to allow children to explore and learn about the natural world from inside, with outdoor exploration as temperatures permit. Learn about how animals survive the winter and why evergreens keep their leaves. In each class, we will focus on a specific theme using hands-on activities, crafts, games, and creative movement. Each class will end with a snack and story.

**Fee:** \$132  
**Ages:** 2–5 with parent or caregiver  
**Dates:** Thursdays, January 28th–  
March 10th (No class 2/18)  
**Times:** 9:30-10:25am (ages 2 & 3)  
10:30-11:25am (ages 3-5)  
**Location:** LCC Room 217



### BABYSITTER TRAINING

The newly revamped babysitter training program prepares boys and girls to become babysitters. Led by instructor Chery Finley, students learn by participating in group discussions and activity periods.

**Fee:** \$100  
**Ages:** 11–18  
**Dates:** Saturdays, January 23rd & 30th  
**Times:** 11:00am–4:30pm  
**Location:** LCC Room 237

### SUPER SOCCER STARS WINTER PROGRAMS

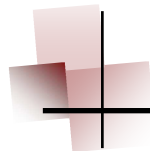
Join Super Soccer Stars for some soccer fun this winter! Super Soccer Stars will be offering a variety of programs on Saturdays this winter, including their Kick and Play program for children ages 12 to 24 months, Super Soccer Stars for boys and girls ages 2–7, and their SHINE program, which is designed specifically for individuals with developmental disabilities.



Super Soccer Stars will also be offering a Futsal class for children ages 5–7 this winter. Futsal is a modified form of soccer played with five players per side on a smaller, typically indoor play area. Futsal uses a smaller weighted futsal ball. Futsal is a fast paced game which allows the players to get more touches on the ball, which accelerates player development!

All of these programs will be held in the Hastings School gymnasium, which is located on Crosby Road off of Massachusetts Avenue.

**PLEASE NOTE:** All registration for Super Soccer Stars programs must be done directly through Super Soccer Stars. You may register online by going to: <http://boston.supersoccerstars.com>.



## PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS



### ACTING UPI WITH KIDSTOCK!

**NEW**

This cast of young playmakers will explore a new storybook each week with creative theater games and character role play using costumes and props to develop basic acting skills. At the end of our 6 weeks, every student will appear as a character role in a costumed dramatic presentation of the final storybook for an audience of family and friends during the final 30 minutes of the last class. The winter session is "Marvelous Monsters!"

**Fee:** \$135  
**Ages:** 6-8  
**Dates:** Mondays, January 25th—  
March 7th (No class 2/15)  
**Time:** 4:00—5:30pm  
**Location:** LCC Room 242

### STAGE PLAYERS WITH KIDSTOCK!

**NEW**

This cast of older playmakers will develop an original play based on the "script" of a single storybook read on the first day of class and then participate in adapting it as "verbal playwrights" into an imaginative staging with their own decisions! By the end of our 6 weeks, every student will appear in a character role of their choice in a costumed dramatic presentation for an audience of family and friends during the final 30 minutes of the last class. Each week, theater games build cast unity, acting skills, and stage confidence, in addition to the rehearsal of our story drama.

**Fee:** \$135  
**Ages:** 8-12  
**Dates:** Fridays, January 22nd—  
March 4th (No class 2/19)  
**Time:** 4:00—5:30pm  
**Location:** LCC Room 242



### ICE SKATING LESSONS

**NEW**

Learn to Skate classes are for participants ages 3 and up who have little to no formal skating experience. Skaters should wear warm, comfortable clothing that allows for movement; waterproof clothing and gloves are strongly recommended for skaters ages 3-6. A helmet (such as a bike helmet) is required and rental skates are available (free of charge) on a first-come, first-served basis. Participants should arrive 15-20 minutes prior to the class start time.

**Pre-Tot: Ages 3 & 4**— Instructors use songs, games, toys, and other fun methods to introduce little ones to the ice in a group class setting. Participants must be potty-trained.

**Tot 1: Ages 3-6**— For new participants ages 5 to 6 and 3 to 4 years old who have mastered the skills in Pre Tot. Participants must be potty-trained.

**Youth 1: Ages 6-12**— Instructors use games and a fun, challenging environment to teach beginning skating elements. These lessons are designed to teach basic motion, balance, and coordination that prepare skaters for hockey or figure skating.

**Teen/Adult: Ages 13 and Over**— The instructor will encourage the development of balance, coordination, mobility, and other basic skating skills at a comfortable pace for each individual. Classes will be divided by ability and/or age if possible.

### WINTER SESSION

**Dates:** 7 Mondays, January 4th—February 15th  
**Times:** 4:30-5:10pm (Pre-Tot, Tot 1, and Youth 1)  
5:10-5:50pm (Teen/Adult)  
**Location:** Chelmsford Forum, 2 Brick Kiln Road,  
North Billerica, MA 01862  
**Fee:** \$119 per person

### SPRING I SESSION

**Dates:** 6 Wednesdays, March 9th—April 13th  
**Time:** 4:20-5:00pm (Pre-Tot, Tot 1, and Youth 1)  
**Location:** Burlington Ice Palace, 36 Ray Avenue,  
Burlington, MA 01803  
**Fee:** \$102 per person



# PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

## COMBINED MARTIAL ARTS



Come to the Community Center and join instructor Charles Crayton Jr., a 6th degree black belt, for classes in combined martial arts. Come away learning self-defense moves of all kinds, a sharper mind, patience, and self discipline.

**Fee:** \$85  
**Ages:** 8-11 and 12-15  
**Dates:** Tuesdays (Ages 8-11) & Thursdays (Ages 12-15)  
January 12th—March 10th  
(No class 2/16 & 2/18)  
**Time:** 4:30—5:30pm  
**Location:** LCC Room 006

## BEGINNER YOUTH CHESS CLASSES (6-weeks)

Students will join Jim Della Selva to begin exploring chess theory and strategies, learning the basics of the game through instruction, play, theory, and group work on chess problems and games. Class size is limited to 8.



**Fee:** \$125  
**Ages:** 5—11  
**Dates:** Thursdays, January 14th—February 25th (No class 2/18)  
**Time:** 4:35—5:35pm  
**Location:** LCC Room 221

## INTERMEDIATE AND ADVANCED YOUTH CHESS CLASSES (8-weeks)

More experienced youth players will join Jim Della Selva to further explore chess theory and strategies. The course will consist of instruction, play, theory, and group work on chess problems and games. Class size is limited to 8.

**Fee:** \$125  
**Ages:** 6—13  
**Times:** Intermediate, 4:35—5:35pm  
Advanced, 5:35—6:35pm  
**Dates:** Tuesdays, January 12th—March 8th (No class 2/16)  
**Location:** LCC Room 221

## EVERYDAY I'M CALCULATIN'

Do you want to see improvement in your grades, in your understanding, and in your confidence in math? Join an experienced and fun math teacher and tutor for an hour of homework help, re-teaching difficult concepts, and previewing upcoming units. We will pay attention to both the big picture and the little details. Math can and will be fun!



**Fee:** \$105  
**Ages:** 10—13  
**Dates:** Wednesdays,  
January 13th—March 9th  
(No class 2/17)  
**Time:** 5:00—6:00pm  
**Location:** LCC Room 217

## YOUTH ART CLASSES AT PINOT'S PALETTE



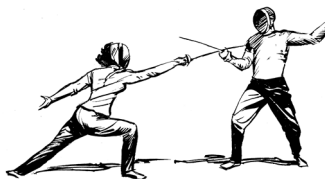
The Lexington Recreation and Community Programs Department is partnering with Pinot's Palette to offer two 7-week Youth Winter Art Workshops for children ages 6–12 at Pinot's Palette, 7A Meriam Street, Lexington. For specific class information, go to: [www.pinotspalette.com](http://www.pinotspalette.com).

**Fee:** \$239/session  
**Ages:** 6—12  
**Session 1:** Thursdays, January 7th—February 25th (No class 2/18)  
**Session 2:** Thursdays, March 3rd—April 14th  
**Time:** 3:30—5:30pm  
**Location:** Pinot's Palette,  
7A Meriam Street, Lexington

## FUNDAMENTALS OF FENCING

Whether you are new or more experienced you will learn new techniques and try out the skills in weekly duels and sword games instructed by Mythquest Edutainment staff.

*Come join the fun in this safe, unique fun-filled program. Enrollment is limited to 12.*



**Fee:** \$90/session  
**Ages:** 7—14  
**Session I:** Tuesdays, January 12th—February 23rd (No class 2/16)  
**Session II:** Tuesdays, March 8th—April 12th  
**Time:** 6:30—7:30pm  
**Location:** LCC Room 006





## **DROP-IN ACTIVITIES AT THE COMMUNITY CENTER**

### **DROP-IN BRIDGE**

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge on Wednesday afternoons from 1:00—3:00 p.m. in the Mansion.



### **BILLIARDS & TABLE TENNIS** — Weekdays, 8:00 a.m.—8:45 p.m.

Saturdays, 9:00 a.m.—4:45 p.m.

Drop-in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all and we gently ask that you limit your use of the tables if others are waiting to play. Check-in at the transaction counter to see if any leagues have time booked.

Senior Specific Programs run Mondays, Wednesdays, and Friday, 1:00—3:00 p.m.



### **DROP-IN MAH JONGG**

Do you like to play Mah Jongg? If so, come on down to the Community Center on Monday afternoons from 1:00—3:00 p.m. in Room 217.



### **DROP-IN POKER**

**NEW**

If you like to play poker but don't want the high stakes, then come over to the Community Center on Thursday afternoons from 1:00—3:00 p.m. in Room 119.

### **DROP-IN BOARD GAMES**

Do you like to play **Scrabble**? How about **Chess**, **Checkers**, **Monopoly**, or **Dominoes**? If so, grab a friend and come on down to the Community Center any weekday from 8:00 a.m. to 8:30 p.m.

### **CARDIO FITNESS ROOM** - Weekdays, 8:00 a.m.—8:45 p.m.

Saturdays, 9:00 a.m.—4:45 p.m.

Do you like the smaller gym atmosphere, but still like the equipment that is at the big gyms? If yes, then come down to the Community Center fitness room where you can use treadmills, ellipticals, stationary bikes, a spin bike, a stair stepper, dumbbells ranging from 3lb-50lb, and a water rower. If you go down the hall to our smaller fitness room you can find kettlebells and a total body machine with instructions!



### **GAMES ROOMS (107 AND 108)** - Weekdays, 8:00 a.m.—8:45 p.m. Saturdays, 9:00 a.m.—4:45 p.m.

Do you want to just come to the Community Center to hang out? Then come on by to the games rooms where we have air hockey tables, video game systems, a 60" TV, and board games for everyone to play all day. Come by with your friends, family, and neighbors and enjoy yourself.



### **SENIOR BINGO**

Come over to the Community Center with your friends and neighbors and enjoy many fun games of bingo with our brand new flashboard. Senior bingo time is every Friday afternoon from 1:15—3:30 p.m. in the Lexington Community Center Dining Room. See what you can win...because who doesn't like a little extra cash for the weekend!

### **STRETCH AND BEND**

Ages 60+ are invited to come to the Lexington Community Center weekdays at 9:00 a.m. to join our 30-minute, volunteer-led exercise program, designed to loosen you up and get you ready for the day!





## ADULT PROGRAMS

### BODY CORE: A Total Fitness Class

Body Core is a total body workout class that includes low impact-high intensity cardio routines, body-sculpting, core strengthening exercises using the Pilates method, Yoga stretching, and Zumba dance. You will learn to strengthen and sculpt lean muscle, increase flexibility, and improve your posture. Instructor Ellen Gaies will show you how to get dancer fit and achieve a stronger body. Please bring a roll-up mat, aerobics style shoes, and hand weights. Optional: bring a large or small fitness ball and handled stretch band.



**Fee:** \$80  
**Dates:** 10 Thursdays, January 14th—March 17th  
**Time:** 6:00—7:30pm  
**Location:** LCC Room 006

### MONDAY AEROBICS AND MOVEMENT



Take your Thursday night Body Core workout to a different level and join instructor Diane Taylor every Monday for an Aerobics, Zumba dance, and movement workout geared to strengthen your muscles, improve your cardio health, increase your flexibility, and provide you with a fun, entertaining evening of exercise!

**Fee:** \$80  
**Ages:** 18+  
**Dates:** 10 Mondays, January 11th—March 28th (No class 1/18 & 2/15)  
**Time:** 6:00—7:30pm  
**Location:** LCC Room 006

### OSTEOFITNESS—Building Bone Building Bonds

This is a successful evidence-based class targeting osteoporosis that brings results. Build new bone with progressive strength training targeted to the most common osteoporotic sites – spine, hip and wrists without bisphosphonates. Learn drills that prevent falls and improve mobility, many of which travel well to your home and when you are out and about. Participants will be in a fun and supportive environment where many fitness levels are presented. This class is designed for post-menopausal women who have or who are at risk for osteoporosis and does not exclude men or those who are looking for strengthening and balance development. This class is modeled after “Strong Women Stay Young” and includes all joint-friendly moves as advised by the Arthritis Foundation. Instructor: Beverly Ikier *Please bring your own mat.*



**Fee:** \$215 (2 days)  
\$115 (1 day)  
**Dates:** 8 Tuesdays and Fridays, December 1st—February 5th  
(No class 12/22, 12/24, 12/29, & 1/1)  
**Times:** 9:15—10:15am (Tuesday)  
9:00—9:55am (Friday)  
**Location:** LCC Room 006

### ADULT CHESS CLASS

**NEW**



Have you always wanted to learn chess, or improve upon your chess skills? If so, you are invited to join our Chess Master, Jim Della Selva to begin exploring chess theory and strategies, learn and improve upon the basics of the game through instruction, play, theory, and group work on chess problems and games. Class size is limited to 8. Register early!

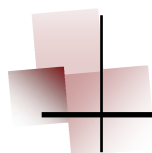
**Fee:** \$63  
**Ages:** 18+  
**Dates:** Tuesdays, January 19th—February 9th  
**Time:** 6:45—7:45pm  
**Location:** LCC Room 221

### DEFENSIVE TECHNIQUES FOR TRAVELING ADULTS

**NEW**

Offered by Combined Martial Arts, Inc. Instructor Cleveland Coats Jr., retired sergeant of State Police, executive protection specialist, and tactical operation instructor. Co-run by Charles Crayton Jr., chief instructor and 6th degree black belt. Come away from this class learning basic self-defense techniques and situational awareness in the public environment.

**Fee:** \$128  
**Ages:** 18+  
**Dates:** 4 Mondays, January 11th—February 8th (No class 1/18)  
**Time:** 6:00—7:30pm  
**Location:** LCC Room 242



## ADULT PROGRAMS

### EARLY MORNING ADULT DROP-IN GYM AT THE LHS FIELD HOUSE

Season membership cards **are required** for this morning drop-in program. The pass is also valid for the adult evening drop-in program. ID cards may be purchased at either the Lexington Community Center or onsite. **This program does not meet on holidays or during school vacations.**

**Fee:** \$95 (residents), \$115 (non-res.)  
**Ages:** 18+  
**Dates:** Mondays, Wednesdays, & Fridays  
Sept. 2015 – August 2016  
**Time:** 6:15–7:15am  
**Location:** LHS Field House/Gym

### EVENING ADULT DROP-IN GYM AT THE LHS FIELD HOUSE

**Mondays–Thursdays, November 2nd, 2015 – April 14th, 2016**

Resident Season Pass:	\$60.00	Non-Resident Season Pass:	\$85.00
Resident Daily Admission:	\$3.00 per person	Non-Resident Daily Admission:	\$5.00 per person

- **JOGGING** (all ages) Mondays-Thursdays 7:15-9:30pm
- **ADULT BASKETBALL** (age 18+) Mondays & Thursdays 7:15-9:30pm
- **ADULT INDOOR SOCCER** (age 18+) Tuesdays & Wednesdays 7:15-9:30pm



**NOTE: This program does not meet on holidays or during school vacations.**

### WOMEN'S INDOOR BOOT CAMP

This complete morning workout will be guided by Susan Hom. The hour will include a brief warm-up and will progress through weight bearing, resistance, and cardiovascular exercises. Mat work targeting specific muscle groups will also be incorporated. All levels of ability are welcome. Participants should bring a jump rope, exercise mat, two 5-10 lb. weights, and a water bottle.

**Fee:** \$95 (ID card)  
**Ages:** 18+  
**Dates:** Tuesdays and Thursdays,  
December 1st–March 31st  
(No class 12/24, 12/29, 12/31, 2/16, or 2/18)  
**Time:** 6:00–7:00am  
**Location:** LHS Field House



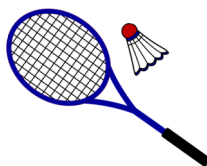
### ADULT VOLLEYBALL

Come to the Estabrook School gym for 10 weeks of volleyball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$50  
**Ages:** 18+  
**Dates:** Thursdays, January 14th–  
March 24th (No class 2/18)  
**Time:** 7:00–9:00pm  
**Location:** Estabrook School Gym

### ADULT BADMINTON

Put on your sneakers, grab your badminton racquet, sign-up with a friend or two, and come join us at the Estabrook School gym for 10 weeks of badminton. ***Pre-registration is required and space is limited. Register early!***



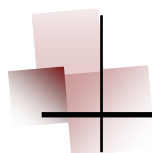
**Fee:** \$50  
**Ages:** 18+  
**Dates:** Mondays, January 11th–  
March 28th (No class 1/18 & 2/15)  
**Time:** 7:00–9:00pm  
**Location:** Estabrook School Gym

### ADULT PICKLEBALL



Try out the fastest growing sport in the U.S.! Similar to ping pong, badminton, and tennis, it is a fun, active game that can be mastered by anyone. Equipment will be provided and all levels of experience are welcomed. ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$50  
**Ages:** 18+  
**Dates:** Thursdays, January 14th–  
March 24th (No class 2/18)  
**Time:** 8:00–10:00pm  
**Location:** Diamond Middle School Gym



## ADULT PROGRAMS

### MEN'S PICK-UP BASKETBALL

Come to the Diamond Middle School gym for 11 weeks of pick-up basketball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required & space is limited. Register early!***



**Fee:** \$55  
**Ages:** 18+  
**Dates:** Wednesdays, January 6th—  
March 23rd (No class 2/17)  
**Time:** 8:00—10:00pm  
**Location:** Diamond Middle School Gym

### ADULT SKI & SNOWBOARD PROGRAMS

The adult program at Nashoba Valley is available for beginners through advanced skiers and snowboarders. The program includes a six-week session of lessons and lift tickets. Classes are available weekday mornings (with free skiing/boarding from 9:00 a.m.—5:00 p.m.) **or** evenings (with free skiing/boarding from 5:00—10:00 p.m. on lesson days). Adults pick **one day (morning or evening) and come any six times throughout the season.** The price of rentals is \$110 for skis and snowboards, payable to Nashoba Valley at the fitting on December 3rd. Helmets may be purchased at a cost of \$60.

**Fee:** \$205  
**Ages:** 18+  
**Dates/Times:**  
6 Sun. starting 1/10 @ 5:30pm  
6 Mon. starting 1/4 @ 10am or 7:30pm  
6 Tues. starting 1/5 @ 10am or 7:30pm  
6 Wed. starting 1/6 @ 10am or 7:30pm  
6 Thurs. starting 1/7 @ 10am or 7:30pm  
**Location:** Nashoba Valley Ski Area

### BIG CANVAS ADULT ART CLASS

**NEW**

Learn to create unique art work. This class is designed for beginner and intermediate level. Individual's will work on 24" by 36" big canvas size during 3 weeks of art session. We will explore different painting techniques and create a personalized painting that is best suitable for your home. This class is offered in collaboration with Pinot's Palette.

**Fee:** \$128  
**Ages:** 18+  
**Dates:** 3 Wednesdays, January  
20th—February 3rd  
**Time:** 7:00—8:30pm  
**Location:** LCC Room 230/232

### LOW IMPACT ZUMBA

Join instructor Karl Weiland in this evening dance/fitness class that takes the work out of working out! This cardio/body toning class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!



**Fee:** \$100  
**Dates:** 10 Tuesdays, January 12th—  
March 15th  
**Time:** 6:30—7:30pm  
**Location:** LCC Room 006

### JAMMIN' WITH JAMIE

**NEW**

Join instructor Jamie Adler for a new series of exercise workouts for all ages and abilities, designed to improve your overall fitness with a combination of core body conditioning, stretching, dance, movement and floor exercises. Thursdays class will feature circuit training, alternating between weights and cardio drills- with floor work - all which can be modified. Friday's muscle madness class will be a full body muscle conditioning class, which also can be modified for participants! The classes use music and movement to increase overall wellness. You can sign up for one or two days!

**Fee:** \$100/2 days  
\$50/1 day  
**Dates:** 20 Classes (Thurs. & Fri.)  
January 14th—March 25th  
**Times:** Thursdays, 9:35—10:30am  
Fridays, 11:15am—12:10pm  
**Location:** LCC Room 006

### ADULT EVENING ART CLASS AT PINOT'S PALETTE

**NEW**

The Lexington Recreation and Community Programs Department is partnering with Pinot's Palette to offer a 6-week Adult Evening Art Class at Pinot's Palette, 7A Meriam Street, Lexington. This acrylic painting class is designed for the beginner/intermediate painter and will focus on three paintings, concentrating on more finished painting techniques. For specific class information, go to: [www.pinotspalette.com](http://www.pinotspalette.com).



**Fee:** \$250  
**Ages:** 18+  
**Dates:** Mondays, January 18th—  
February 29th (No class 2/15)  
**Time:** 7:00—9:00pm  
**Location:** Pinot's Palette,  
7A Meriam Street, Lexington

# ADULT PROGRAMS

## BALLROOM DANCE CLASSES

- **Beginner Ballroom** Join instructor Francis Floyd to learn the basics of Fox Trot, Cha Cha and Rumba in this class. This is a great class for upcoming proms and weddings!
- **Level II & Advanced Ballroom** Intermediate dancers will improve upon those steps learned in the beginner class and be introduced to the Tango and Rumba. More advanced dancers will sharpen their dancing skills and learn new dances.

**Fee:** \$125/couple  
**Dates:** 10 Tuesdays, January 19th—  
 March 29th (No class 2/16)  
**Beginner:** 6:30—7:25pm  
**Level 2+:** 7:30—8:25pm  
**Location:** LCC Room 139

## EVENING YOGA (Tuesday or Wednesday)

Join certified instructor Keith Herndon in this physically balancing workout of Yoga on Tuesday or Wednesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

**Fee:** \$125  
**Dates:** 10 Tuesdays, January 5th—  
 March 8th OR  
 10 Wednesdays, January  
 6th— March 9th  
**Times:** 7:30—8:30pm (Tues.)  
 7:00—8:00pm (Wed.)  
**Locations:** LCC Room 006 (Tues.)  
 LCC Room 242 (Wed.)

## SATURDAY ZUMBA WORKOUT

Join instructor Karl Weiland in this Saturday afternoon dance/fitness class that takes the work out of working out! The energizing music uses a variety of Latin, international and pop rhythms, and will have you sweating, smiling, shedding inches and toning up, while protecting your joints, tendons and ligaments! Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!



**Fee:** \$100  
**Dates:** 10 Saturdays,  
 January 9th—March 12th  
**Time:** 3:00—4:00pm  
**Location:** LCC Room 006

## STRENGTH TRAINING (Seated and Floor)

This 55-minute class will help you build a stronger, more sculpted body; improve posture and balance and reduce the risk of osteoporosis. You will also learn proper weight-training techniques, which is key to success. The class begins with a brief warm-up, followed by strength training exercises for all the major muscle groups of the body, both standing and on a mat, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. The class is taught by nationally certified exercise instructor Pearl Pressman and is designed to accommodate participants of all fitness levels and abilities. Athletic shoes, a mat, and water are recommended.



**Fee:** \$100  
**Dates:** 10 weeks, Tuesdays and  
 Thursdays, January 5th—  
 March 10th  
**Time:** 12:00—12:55pm  
**Location:** LCC Room 006

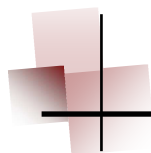
## WOMEN'S BOXING - BECOMING A KNOCKOUT!

Boxing isn't just about 'fighting' - it's a mind set and a sport that will get you into the best shape of your life. The Lexington Community Center is thrilled to present Women's Boxing - led by USA Boxing Certified trainer/coach Todd Paris this program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, and how to "train like a boxer". You'll get in your push-ups, ab work, and will get in the best shape of your life! This class is only for women (18+) - Fee includes Free hand wraps!

\* For an added \$25 you can get your very own set of boxing gloves. Must order 2 weeks before class starts.

**Fee:** \$175  
**Ages:** 18+  
**Dates:** Mondays and Wednesdays,  
 January 25th—March 9th  
 (No Cclass 2/15)  
**Time:** 3:15—4:15pm  
**Location:** LCC Room 006





## LIFETIME (60+) PROGRAMS

### BEGINNER TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture.

**Instructor: Bill Barons**

**Fee:** \$45  
**Dates:** 10 Wednesdays,  
January 6th—March 16th  
(No class 2/17)  
**Time:** 1:30—2:30pm  
**Location:** LCC Room 242

### ADVANCED BRIDGE INSTRUCTION

Have you always wanted to learn more about bridge, brush up on your current skills and advance to a higher level? If so, come join instructors **Bob Gaudet and Kim Gilman** for a 10- week program with expert bridge players and instructors to learn, improve and gain experience as a bridge player.



**Fee:** \$100  
**Dates:** 10 Tuesdays, January 5th—  
March 15th (No class 2/16)  
**Time:** 1:00—3:30pm  
**Location:** LCC Room 232

### 60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class is spent doing cardio exercises to build endurance. **Instructors: Amelia Hoffman & Maureen Gaines**



**Fee:** \$67.50  
**Dates:** 20 classes (Mon. & Wed.)  
January 4th—March 16th  
(No class 1/18 & 2/15)  
**Time:** 9:45—10:45am  
**Location:** LCC Room 006

### GENTLE YOGA



These classes offer traditional yoga practices, including breathing exercises, movements and poses (postures), relaxation techniques, and meditation. This beginner level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges. Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Individuals are encouraged to move slowly and go at their own pace. Modifications to exercises are provided, as needed, to meet the unique needs of participants. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness. **Instructor: Lisa Groves**

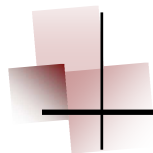
**Fee:** \$67.50  
**Dates:** 10 Mondays, January 4th—  
March 21st (No class 1/18 & 2/15) **OR**  
10 Fridays, January 8th—  
March 18th (No class 2/19)  
**Times:** 2:45—3:50pm (Mondays)  
10:45—11:50am (Fridays)  
**Location:** LCC Room 242



### SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles, and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands and body weight. The class concludes with stretching exercises to increase flexibility. **Instructor: Pearl Pressman**

**Fee:** \$67.50  
**Dates:** 20 classes (Tuesdays and  
Thursdays)  
January 5th—March 10th  
**Time:** 11:00—11:55am  
**Location:** LCC Room 006



## LIFETIME (60+) PROGRAMS

### MODERATE YOGA

The Intermediate Yoga classes build upon the Beginner level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges. Instructor: Lisa Groves

### FITNESS FRIDAYS

This class is designed for residents 60+ with a combination of fitness and yoga. The goal is to improve balance and tone by involving all major muscles of the body. The class uses weight bearing exercises to reduce and prevent osteoporosis and increase overall wellness. Instructor: Renae Nichols

### LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the movements to music. Instructor: Sam O'Clare

### BEGINNER QUILTING

Have you always wanted to learn how to quilt? If so, this class is for you! Begin a sampler quilt or work on smaller projects with other participants. Instructor: Jane Norberg

### ADVANCED QUILTING

Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes.

Instructor: Jane Norberg

ASK ME  
ABOUT  
QUILTING

### INTERMEDIATE TAI CHI

NEW

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental, and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture. Instructor: Bill Barons

**Fee:** \$67.50/session  
**Dates:** 10 Mondays, January 4th—  
March 21st (No class 1/18 & 2/15)  
**AND/OR**  
10 Fridays, January 8th—  
March 18th (No class 2/19)  
**Times:** 9:30—10:35am (Fridays)  
4:00—5:05pm (Mondays)  
**Location:** LCC Room 242

**Fee:** \$30  
**Dates:** 10 Fridays, January 8th—  
March 18th (No class 2/19)  
**Time:** 10:00—10:55am  
**Location:** LCC Room 006

**Fee:** \$30  
**Dates:** 10 Thursdays, January 7th—  
March 10th  
**Time:** 1:30—2:30pm  
**Location:** LCC Room 006

**Fee:** \$75  
**Dates:** 10 Thursdays, January 7th—  
March 17th (No class 2/18)  
**Time:** 1:00—3:30pm  
**Location:** LCC Room 230

**Fee:** \$75  
**Dates:** 10 Thursdays, January 7th—  
March 17th (No class 2/18)  
**Time:** 9:00—11:30am  
**Location:** LCC Room 230

**Fee:** \$45  
**Dates:** 10 Wednesdays, January 6th—  
March 9th (No class 2/17)  
**Time:** 2:45—3:45pm  
**Location:** LCC Room 242

### FOREVER FIT Session Two ~ FUNDED BY A GENEROUS GRANT FROM THE DANA HOME FOUNDATION

Please attend our informational meeting for Session Two on Wednesday, January 6th at 1:15 p.m. in the Dining Room at the Lexington Community Center, 39 Marrett Road. New participants are invited to attend and learn more about this exciting new program, taught by Judy Whitney, personal trainer with over 30 years experience in the fitness industry. "Forever Fit" will provide individual assessments followed by one on one and small group personal training sessions on Monday and Wednesday afternoons. The program fee for Session Two will be \$10.00 per person.

# O.W.L.L. COURSES FOR OLDER, WISER, LIFELONG LEARNERS

FRIENDS OF THE COUNCIL ON AGING PROGRAM SUPPORTED BY A  
GRANT FROM THE DANA HOME FOUNDATION

## O.W.L.L. Spring Semester Courses 2016

Kick-off Reception January 13th at 3:00 p.m. at the Lexington Community Center

### **Making History: Flower Power in the Victorian World** (4 Thursdays, March 3—31 10:00—11:30 a.m. no class 3/17)

What made flora, in its myriad forms, so central a preoccupation in Victorian culture? How did the thirst for botanical knowledge give rise to world-changing consequences? This course will survey the history of the Victorian "age of flowers" and examine the ways in which flowers impacted history itself. **Instructor: Dr. Tatiana Holway LCC Room 242**

### **Science Fiction and Philosophy** (5 Wednesdays, March 2—30 2:00—4:00 p.m.)

Philosophy and science fiction share a love of thought experiments. Through short stories, movies, and philosophical selections, we will consider the nature of time and the possibility of time travel, the essence of mind, and whether there is a kind of free will worth having.

**Instructor: Chris Phillips LCC Room 237**

### **Astronomy: A Visual Tour of the Cosmos!** (5 Tuesdays, March 8—April 5 10:00—11:30 a.m.)

Space exploration and deep space discoveries have changed the way we look at the Earth and its future, the Solar System, the Milky Way Galaxy, and the rest of the Cosmos. This "visual tour" is an introductory astronomy course for the layperson designed to deepen one's knowledge of scientists' current evidence. **Instructor: Bruce Ward LCC Room 139**

### **The New Jane Austen!** (4 Wednesdays, March 2—23 10:00 a.m.—12:00 p.m.)

Recent biographies of Jane Austen reveal her to be a complex and relevant writer, one who tackles issues about being a decent, ethical individual in a culture that values material possessions, social hierarchies, and physical comforts often gained at the expense of others. Without preaching at us, she leads us to an enriched perspective on our own lives.

**Instructor: Elizabeth Kenney LCC Room 242**

### **Poetry Reading Workshop** (4 Mondays, March 7—28 10:00—11:30 a.m.)

By reading established poets, we'll explore poetic techniques, content, and cultural significance. This course will lead us toward a clearer understanding of a poet's use of literary devices such as imagery, metaphor, personification and much more.

**Instructor: Gavin Moses LCC Room 237**

### **Poetry Writing Workshop** (4 Mondays, April 4—May 2 10:00—11:30 a.m. no class 4/18)

In a supportive collegial setting, poets will share and revise their work. We will craft poems to make the particular universal. We will employ sample poems and writing prompts to inspire imagination, to generate robust imagery, and bring clarity to our thoughts.

**Instructor: Gavin Moses LCC Room 237 - April 11, 25, May 2. LCC Room 242 - April 4**

### **Discovering Design: Conceiving the World of the Play** (2 Tuesdays March 1 and 15 2:00—4:00 p.m.)

Participants will explore the design elements for New Repertory Theatre's production of a new play, Steve Yockey's *Blackberry Winter*. What design elements are necessary to tell a story? How do we incorporate the time period, the characteristics of the audience, our space? Using their imaginations, participants will come up with their own interpretations of what the play could look like and compare it to professional productions.

**Instructor: Bridget Kathleen O'Leary LCC Room 242**

### **Bach and Back** (4 Mondays, April 4—May 2 2:00—4:00 p.m. no class 4/18)

Journey back in time as we explore 1,000 years of musical brilliance. Starting with the Baroque greats (Bach, Handel, and Vivaldi), the Renaissance giants (Monteverdi, Thomas Tallis, Palestrina, and John Dowland), and finally consider the Medieval magnificence of the Gregorian chant, troubadours, and the beginnings of musical harmony. The course concludes with a trip to a concert of 14<sup>th</sup> century songs.

**Instructor Laura Zoll LCC Room 237**

## O.W.L.L. WINTER 2016 REGISTRATION FORM (Please print clearly)

**Resident Registration Begins: January 13, 2016; Non-Resident registration begins: January 27, 2016**

NAME \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone(s) \_\_\_\_\_

Email \_\_\_\_\_

I would like to register for the following course(s): 1. \_\_\_\_\_

2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

Please **mail registration form and fee of \$25/course (Lexington residents) or \$50/course (Lexington residents under 60 and non-residents) to TOWN OF LEXINGTON** and mail to Recreation and Community Programs Department, 1625 Massachusetts Avenue, Lexington, MA 02420, **or register at the Lexington Community Center. Financial aid is available for Lexington residents. For further information, call the Community Center at 781-698-4870. Online Registration is also available by going to [www.lexingtonma.gov/recreationdepartment.cfm](http://www.lexingtonma.gov/recreationdepartment.cfm)**



## **OTHER LEISURE PURSUITS**

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### **Teresa and Roberta Lee Fitness ~ Nature Path**

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen (15) self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

### **Bicycling**

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

### **Ball Field Permits**

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Permits are issued at the Recreation and Community Programs Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

### **ED2GO ~ Online Education Courses**

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: [www.ed2go.com/lexrec](http://www.ed2go.com/lexrec) to view courses.

### **Pine Meadows Golf Club**

This public course opens in mid-March, weather permitting. The club is owned by the Town of Lexington and managed by New England Golf Corporation. This par 35 course features elevated tees, tree-lined fairways and rolling greens. Call the Pro Shop at 781-862-5516 for 2016 fees and tee time schedules. **Golf ID cards** (\$10.00) are available at the Recreation and Community Programs Department Office for Lexington Residents **ONLY**. A Golf ID card entitles the holder to reserve tee times up to 14 days in advance.

### **Sing Along Chorus and Sing Along Singers: Integrated Choruses of Teens and Adults**

Members of the choruses meet for weekly evening rehearsals, which include time for socializing and refreshment. Community outreach activities by the choruses have included performances at hospitals, nursing homes and the annual SNAP fundraising concert. This year the choruses will meet and rehearse at the Lexington Community Center. The choruses are run by Special Needs Arts Programs, Inc. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### **SPARCL ~ Special Arts Classes**

Special Art Classes for adults in painting, clay, crafts, and other multi-art media. This year the Saturday classes will take place at the Lexington Community Center. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### **LABBB ~ Special Events**

The Lexington Community Center will be collaborating with the LABBB program to offer a series of special events on December 18th, January 21st, February 11th, March 18th and May 19th. These dances and events begin at 6:00 p.m. For more information, check the Recreation and Community Programs website.

**Lexington Recreation and Community Programs Department**  
**Mai-In Registration Form**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address (please print) \_\_\_\_\_

Grade

D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Fall 15 \_\_\_\_\_ School \_\_\_\_\_ T-shirt size \_\_\_\_\_

Emergency Contact Name & Phone \_\_\_\_\_

Special instructions and/or information that the instructor needs to be aware of (medical concerns, allergies, special needs, etc.): \_\_\_\_\_

I, \_\_\_\_\_ the participant, or I/We, the parent(s)/guardian(s) of \_\_\_\_\_ a minor, hereby consent to participation in the Town of Lexington Recreation and Community Programs Department, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation and Community Programs Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Adult Participant or Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print Adult Participant or Parent Name \_\_\_\_\_

Program Title	Date/Day/Session	Time	Fee
			\$
			\$
			\$

I would like to donate to the Recreation and Community Programs financial aid fund which allows children to participate in Recreation and Community Programs in the community.

Donation Amount \$ \_\_\_\_\_

TOTAL PAYMENT INCLUDED (program fees & donation): \$ \_\_\_\_\_

Type of Payment: VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

If paying by credit card: Card Account # \_\_\_\_\_ Exp Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:

Lexington Recreation and Community Programs

1625 Massachusetts Avenue, Lexington, MA 02420

You may also use drop registrations off at the Community Center, 39 Marrett Road, Lexington.



Town of Lexington  
Recreation & Community Programs  
1625 Massachusetts Avenue  
Lexington, MA 02421

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## **THINGS TO LOOK FOR IN UPCOMING BROCHURES**

### **SPRING/SUMMER 2016**

(published in February 2016)

Pre-School, Youth, Teen, & Adult Spring Programs  
Spring Lifetime (60+) Programs and O.W.L.L. Courses  
Youth and Family Fun Nights at the Community Center  
April School Vacation Programs  
Middle School Early Release Trip to Kimball Farm  
Youth and Adult Tennis Lessons  
Summer Youth Day Camps and Sports Clinics  
Summer Youth Chess, Science, and Tech Programs

### **SUMMER 2016**

(published in April 2016)

Town Pool and Old Reservoir Swim Schedule  
Swim Lesson Schedule & Registration Information  
Adult, Lifetime (60+), and O.W.L.L. Summer Classes & Programs  
Fall Youth NFL FLAG Football League  
Lexington Community Center Programs

